

Supplementary Material

Supplementary Table S1: Social and demographic characteristics of included and excluded participants.

	Included		Excluded	
	n	%	n	%
Total	16167	47.3	18002	52.7
Education*#				
≤High School	2805	17.4	3385	18.8
College	5565	34.4	6317	35.1
University	5255	32.5	4830	26.8
Graduate Degree	2508	15.5	2431	13.5
Missing	34	0.2	1039	5.8
Income*#				
<\$25,000	622	3.8	980	5.4
\$25,000 - \$74,999	5567	34.4	6662	37.0
\$75,000 - \$149,999	7032	43.5	6280	34.9
≥\$150,000	2121	13.1	1696	9.4
Missing	825	5.1	2384	13.2
Work Status*#				
Employed _a	12104	74.9	5704	62.5
Non-employed	4023	24.9	11253	31.7
Missing	40	0.2	1045	5.8
Marital Status*#				
Married/living with partner	13083	80.9	13162	73.1
Divorced	978	6.0	1346	7.5
Widowed	443	2.7	551	3.1
Separated	478	3.0	583	3.2
Single, never married	1159	7.2	1321	7.3
Missing	26	0.2	1039	5.8

*Significant association in females ($P<0.05$); # Significant association in males ($P<0.05$); _aEmployed full or part-time.

Supplementary Table S2. Differences in measured and self-reported anthropometric indices in male and female participants.

	Measured		Self-reported		Combined*	
	n	Mean (95% CI)	n	Mean (95% CI)	n	Mean (95% CI)
Body Mass Index, kg/m²						
Male	3275	28.5 (28.3-28.7)	1795	28.9 (28.7-29.1)	5070	28.7 (28.52-28.78)
Female	7679	27.7 (27.6-27.8)	3416	28.6 (28.3-28.9)	11095	28.0 (27.84-28.07)
Waist Circumference, cm						
Male	3221	99.5 (99.0-99.9)	1849	99.2 (98.6-99.7)	4980	99.4 (99.0-99.7)
Female	7493	90.8 (90.5-91.2)	3602	93.7 (93.2-94.3)	10915	91.8 (91.5-92.0)

*If measured variables were unavailable, self-reported anthropometric data were used.

Supplementary Table S3. Associations between sex and adiposity (measured and self-reported) across age.

	Measured			Self-reported			Combined*		
	Younger (30-46 yrs)	Middle (47-56 yrs)	Older (57-74 yrs)	Younger (30-46 yrs)	Middle (47-56 yrs)	Older (57-74 yrs)	Younger (30-46 yrs)	Middle (47-56 yrs)	Older (57-74 yrs)
	OR (95% CI)	OR (95% CI)	OR (95% CI)	OR (95% CI)	OR (95% CI)	OR (95% CI)	OR (95% CI)	OR (95% CI)	OR (95% CI)
Overweight/obesity									
Under/normal wt.	Reference	Reference	Reference	Reference	Reference	Reference	Reference	Reference	Reference
Overweight	0.45 (0.37-0.56)	0.35 (0.29-0.43)	0.51 (0.43-0.60)	0.34 (0.29-0.41)	0.38 (0.31-0.47)	0.45 (0.38-0.59)	0.34 (0.29-0.40)	0.34 (0.29-0.40)	0.50 (0.43-0.57)
Obese	0.62 (0.49-0.78)	0.42 (0.34-0.53)	0.56 (0.47-0.67)	0.52 (0.43-0.63)	0.45 (0.36-0.56)	0.52 (0.41-0.66)	0.49 (0.42-0.58)	0.41 (0.34-0.49)	0.55 (0.47-0.65)
Abdominal obesity^b									
No	Reference	Reference	Reference	Reference	Reference	Reference	Reference	Reference	Reference
Yes	2.31 (1.91-2.78)	1.80 (1.53-2.11)	1.72 (1.5-1.97)	2.99 (2.57-3.48)	2.70 (2.28-3.19)	2.41 (2.03-2.87)	2.56 (2.28-2.97)	2.13 (1.87-2.44)	1.95 (1.73-2.20)

OR, odds ratios; 95% CI, 95% confidence interval; bold font indicates significant at $P < 0.05$. OR represents to odds of being females compared to male for each health risk factors. All OR are adjusted for education, income, work and marital status. ^a Waist circumference ≥ 102 cm for males and ≥ 88 cm for females.